

Casual Appetizers and Easy Snacks for the Healthy Eater

By Simply Playful Fare, LLC

Appetizers

Chicken Quesadillas
Grilled Buffalo Wings
Buffalo Chicken Meatballs
Stuffed Mushrooms
Lettuce Wraps
Dragon Balls

Easy Snacks

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Pimento Cheese
Bruschetta
Turkey and Havarti Cheese Rollups

Delicious Nut-Mixes

Strawberry balsamic pecan clusters with black pepper
Festive Christmas Nut Mix
Vanilla Almond Nut Mix
Asian Style nut mix
Teriyaki Ginger Wasabi Pea Nut Mix

Sweet Treats

Fruit Salad
Banana Muffins
Raspberry Muffins
Cranberry Granola
Blueberry Muffin fruit and nut bars
Peanut Butter Chocolate Nut Bars
Pistachio Peanut Butter energy bites
Pantry Granola

Appetizers

Chicken Quesadillas

Ingredients:

1 1/2 cups shredded chicken

4 green onions

8 tortillas

2 cups cheddar cheese

1/4 cup peanut butter

1 tablespoon soy sauce

1 tablespoon sweet chili sauce

1/4 cup water

1. In a microwave safe bowl, combine the peanut butter, soy sauce, sweet chili sauce, and water. Stir, and microwave for 30 second increments until well combined.



2. Place a tortilla on a microwave safe plate. Add 1/8 cup cheddar cheese to the tortilla. Layer with 1/4 of the chicken and green onions. Add another 1/8 cup of cheddar cheese, and top with a tortilla.





3. Microwave for 30 seconds. Turn the quesadilla over and microwave for another 30 seconds.
4. Cut into 4 slices, and serve with 1/4 of the peanut sauce.

Grilled Buffalo Wings

Ingredients

4 Pints of water (1 room temperature and 3 ice water)

$\frac{2}{3}$ cup Brown Sugar

$\frac{1}{2}$ cup minus 1 tablespoon Salt

1 tablespoon chili powder

2 teaspoons garlic powder

2 tablespoons cayenne sauce (like Franks)

1 tablespoon rice wine vinegar

4 pounds Chicken Wings

$\frac{1}{4}$ cup Franks Red Hot Sauce

6 tablespoons unsalted butter, melted

1. Bring one pint of water, brown sugar, salt, chili powder, garlic powder, cayenne sauce, and rice wine vinegar to a boil. Then reduce heat and simmer for about 5 minutes.
2. Add the mixture to a large pot, then add 3 pints of ice water to cool the brine quickly.
3. Add the wings to the cool brine. Allow the wings to sit in the brine for 2 to 6 hours.
4. Once brined, remove the wings and pat dry with paper towels. Add them to a bowl with a tiny bit of olive oil. This will keep the wings from sticking to your grill.

5. Turn on your on medium to medium-high heat, and spray with non-stick spray. Keep an eye on the wings to avoid any flare-ups on your grill. Grill for about 15 minutes, or until the wings are done.
6. Combine the melted butter and hot sauce in a large bowl. Mix well to combine.
7. Remove your wings from the grill and add them to the sauce. Toss to coat well.



Buffalo Chicken Meatballs

Ingredients:

- 1 1/4lb ground chicken or turkey
- 1/3 cup blue cheese
- 2 celery stocks
- 1/2 teaspoon garlic powder
- 1/4 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1/4 cup bread crumbs
- 1 egg
- 2 cups Franks wing sauce

Makes about 16 meatballs

1. Dump all of the ingredients, except the Franks Wing Sauce, into a mixing bowl and mix together by hand.



2. Roll into about 1 inch meatballs and place on a generously greased baking sheet lined with foil.



3. Bake in a 400 degree oven for 20-30 minutes or until meatballs are cooked. The turkey will release extra fat and juices, so don't worry if it looks like everything melted out of the meatballs.



4. Place meatballs in a crock pot set on warm, and add Franks Wing Sauce. Mix to coat.



Stuffed Mushrooms

Ingredients:

NOTE: This will make about twice the filling needed, so either store the leftover filling in the fridge and use within a week or double the mushrooms to use it all. The filling can also be used in other dishes, such as omelets or quiches.

24 oz White (or brown) mushrooms

2 celery stalks

1 lb Turkey sausage

1/2 onion

1 1/2 teaspoon fresh chopped rosemary

1 1/2 teaspoon fresh chopped thyme

1/2 teaspoon fresh chopped sage

2 tablespoons olive oil

1 tablespoon fresh garlic

1/4 teaspoon black pepper

1/4 teaspoon salt

1/4 cup Parmesan cheese

1. Brown the turkey sausage with 1 tablespoon olive oil on medium high heat until cooked. Strain grease, if any, and set aside to cool.



2. Remove the stems from the mushrooms and align the mushroom caps on a large cookie sheet.



3. Finely chop the celery, onion, and mushroom stems and place in a medium sized bowl.



4. Chop the rosemary, thyme, sage, and garlic (if not using jarred garlic), and add to the bowl. Add salt and pepper.



5. Add the mushroom-spice mix to a large pan with 1 tablespoon olive oil. Cook until the vegetables are done. Allow to cool.



6. Add the sausage to the vegetable mixture, and mix well.



7. Once the mixture is completely cool, add the Parmesan cheese and mix well. (This is your binder.)

8. Stuff the mushroom caps with the sausage vegetable mixture to your desired full-ness (See Note above).



9. Bake for 25-30 minutes at 350, or until the mushrooms are done.



Lettuce Wraps

Ingredients:

2 chicken breasts

2 large stalks of celery

3/4 cup carrots

1/2 small red onion

1 tablespoon sesame oil

1 1/2 tablespoons soy sauce

1/2 tablespoon ground ginger

1/4 teaspoon white pepper

1/4 teaspoon garlic powder

2 tablespoons sweet chili sauce

1 dash fish sauce

2 tablespoons corn starch

2 tablespoons cold water

1 head lettuce

1. Finely chop the chicken and vegetables, and add to a medium sized mixing bowl.



2. Add the soy sauce, chili sauce, fish sauce, and spices to the bowl. Mix well.



3. Add the sesame oil to a medium sized pan, and heat on medium high heat.

4. Add the vegetable and chicken mixture to the pan and cook for about 20 minutes, or until the chicken is done.



5. Mix the corn starch and water together, and add to the chicken. Cook for about 5 minutes to allow the sauce to thicken. Remove from heat.



6. Remove individual lettuce leaves from the head, and cut into smaller pieces if desired.
7. Serve warm. Add part of the chicken vegetable mixture to a leaf of lettuce, roll, and eat.



Dragon Balls

Ingredients:

24 Prepackaged meatballs (We found ours from Costco's freezer section)

1/2 cup BBQ Sauce

1/2 cup Raspberry Jam

1 tablespoon Yellow Mustard

1/4 teaspoon liquid smoke

1 tablespoon Sriracha

1 teaspoon Worcestershire

Pepper to taste

1. Combine all ingredients (except meatballs) in a medium sized sauce pan, and bring to simmer.

2. Prepare meatballs according to the package's instructions.
3. Add meatballs to the simmering sauce.
4. Serve warm.
5. Enjoy!



Easy Snacks

Homemade Pita Chips

Ingredients:

3 Pitas
Olive oil, about 2 – 4 tablespoons
Paprika
Greek seasoning
Salt

1. Cut the pitas into sixths with a chef's knife.



2. Line a baking sheet with parchment paper. Place the pitas on the baking sheet, and brush with olive oil.



3. Season with paprika, Greek seasoning, and salt.



4. Flip the triangles over and repeat the olive oil and seasoning.

5. Bake for 15 – 20 minutes at 350 degrees, flipping half way through.

6. Enjoy with your favorite dip!



Pimento Cheese

Ingredients:

8oz sharp cheddar cheese

8oz cream cheese

1/2 cup mayonnaise

4 oz pimentos (1 jar)

1/2 teaspoon onion powder

1/4 teaspoon cayenne pepper

3/4 teaspoon salt

1/2 teaspoon garlic powder

1/2 teaspoon paprika

1. Add the mayonnaise, cream cheese, and spices to a bowl and beat until well combined.



2. Add the pimentos to the cheese mixture, and beat until well combined.



3. Shred the cheddar cheese, and slowly add to the mixing bowl while combining. Mix until all the cheese has been added.



4. Store in a container overnight to allow the flavors to marry.

5. Serve with celery or crackers!



Bruschetta

Ingredients:

1 1/2 pounds tomatoes

1/4 cup virgin olive oil

1/3 cup balsamic vinegar

1 tablespoon chopped garlic

1/2 teaspoon black pepper

1 teaspoon garlic salt

1/4 cup (powdered) Parmesan cheese

1. Chop the tomatoes into 1/2 inch pieces and add them to a container.

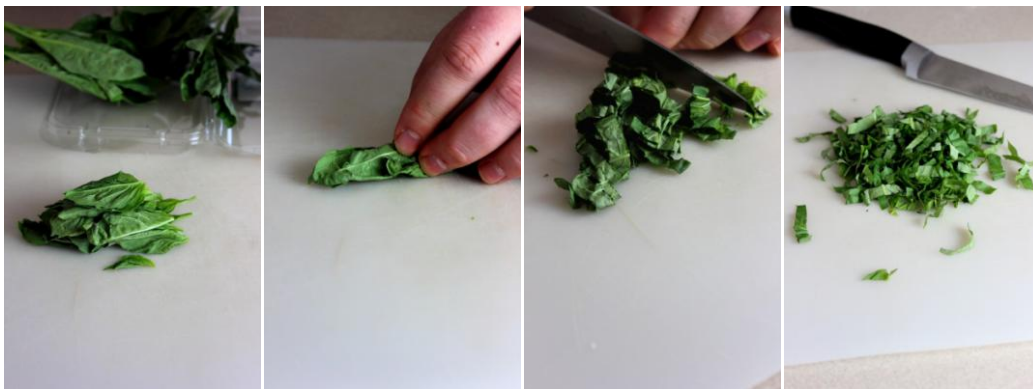
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2. Add the olive oil and balsamic vinegar to the container.



3. Chiffonade the basil and add to the container.



4. Add the pepper and garlic salt and mix.



5. Add the Parmesan cheese, and mix.



Turkey and Havarti Cheese Rollups

Ingredients:

8 oz package of oven roasted turkey lunch meat

10 Slices of Havarti cheese

3 wedges of Laughing Cow garden spread



1. Place one slice of Havarti cheese on a plate.

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